



## June 2025 FiftyForward Martin Center Programs

Please see the program description page to learn more about each offering, and to see which activities require registration. **Events with an asterisk \* require advance registration.** Please register at [fiftyforward.org/member/](http://fiftyforward.org/member/).

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9 a Card Crusaders 10 a BINGO 10:30 a Textiles Art Workshop* 12 p Advanced Canasta-Hand & Foot* 12:30 p Cardio Drumming w/ Ruth Ann 1:30 p Mindful Movements w/ Ron	<b>3</b> 8:30 a Congressional Constituent Service Mobile Office 10 a Billiards 9:30 a Scrabble 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 2:30 p Active Strength w/ Ruth Anne 2:30 p Ukulele Practice	<b>4</b> 9 a Bridge-Morning 9 a Card Crusaders 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 4 p.m. Mix and Mingle*	<b>5</b> 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a Coffee and Conversation: Aging Matters with PBS* 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne	<b>6</b> 10 a Euchre 10:30 a Open Art Studio 12 p Mah Jongg
<b>9</b> 9 a Card Crusaders 10:30 a Textiles Art Workshop* 12 p Advanced Canasta-Hand & Foot* 12:30 p Cardio Drumming w/ Ruth Ann 1:30 p Mindful Movements w/ Ron 2 p Trivia	<b>10</b> 10 a SHIP Medicare Support Sessions with Nancy* 10 a Billiards 9:30 a Scrabble 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 2:30 p Ukulele Practice	<b>11</b> 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/ Melissa 12 p Potluck Lunch-LU'AU* 12:30 p Bridge- Afternoon 1 p Mexican Train Dominoes	<b>12</b> 7 a Early Bird Walking Club 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 10:45 a DAY TRIP-International Food Tour* 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne 3 – 6 p Make a Splash Carnival with Alzheimer's TN	<b>13</b> 10 a Euchre 10 a DAY TRIP-General Jackson* 10:30 a Open Art Studio 12 p Mah Jongg
<b>16</b> 9 a Card Crusaders 10 a BINGO 10:30 a Textiles Art Workshop* 10:45 a DAY TRIP-Loveless Café* 12 p Advanced Canasta-Hand & Foot* 12:30 p Cardio Drumming w/ Ruth Ann 1:30 p Mindful Movements w/ Ron	<b>17</b> 10 a Billiards 9:30 a Scrabble 10 a Franklin Light: Teens Topsy Turvy Musical Performance* 10 a Book Group 12 p Mah Jongg 2:30 p Active Strength w/ Ruth Anne 2:30 p Ukulele Practice 5 p Cocktails and Conversations*	<b>18</b> 9 a. Bridge-Morning 9 a Card Crusaders 12:30 p Bridge- Afternoon 1 p Empower and Thrive Wellness Panel* 1 p Mexican Train Dominoes	<b>All Centers and Offices Are Closed in Observance of Juneteenth</b>	
<b>23</b> 9 a Card Crusaders 10:30 a Textiles Art Workshop* 11:15 a Advisory Council Meeting 12 p Advanced Canasta-Hand & Foot* 12:30 p Cardio Drumming w/ Ruth Ann 2 p Trivia	<b>24</b> 10 a Billiards 9:30 a Scrabble 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12 p Mah Jongg 2:30 p Active Strength w/ Ruth Anne 2:30 p Ukulele Practice	<b>25</b> 9 a Bridge-Morning 9 a Card Crusaders 10 a Full Body Strength w/Melissa. 12:30 p Bridge-Afternoon 1 p Mexican Train Dominoes 2 p Historical Book Group		
<b>30</b> 9 a Card Crusaders 12 p Advanced Canasta-Hand & Foot* 12:30 p Cardio Drumming w/ Ruth Ann 1:30 p Mindful Movements w/ Ron 2 p Trivia			<b>26</b> 7 a Early Bird Walking Club 9:15 a DAY TRIP- String City* 9:30 a Rummikub 10 a Billiards 10 a A Stitch in Time 10 a Yoga w/ Melissa 11 a SAIL Fitness w/ Melissa 12:30 p Open Art Studio 1 p Line Dancing 2:30 p Active Strength w/ Ruth Anne	<b>27</b> 10 a Euchre 10:30 a Open Art Studio 11:00 a Sue's Sweet & Healthy Creations* 12 p Mah Jongg 6 p Music Meetup at the Kings Bowl*



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### Art & Music

**Card Crusaders Mondays and Wednesdays, 9:00a - 3:00p** Over a decade ago a couple of widows started this card making mission with the purpose in mind to help the Martin Center with a few necessities and bring joy to others. Names are currently being taken for those that would like to make a commitment to the Card Crusader mission. Training is available for beginners. Experienced card designers are welcome to learn more.

**Open Art Studio Thursdays, 12:30 - 3:00 p and Fridays, 10:30a - 1:00p** Artists of all media types (except oils) are welcome to meet for an opportunity to work on their current projects. Join in on lively conversation and art!

**A Stitch in Time Thursdays, 10:00a - 12:00p** Calling all knitters, crocheters, quilters, and yarn lovers! You're invited to meet in the Common Area to work on your current projects and engage in wonderful conversations. If you would like to learn or have a refresher on knitting or crocheting, this group will help you learn.

**Textiles Art Workshop w/ The Frist Mondays, April 21- June 23 10:30a – 12p** Participants will work with teaching artist Alice Aida Ayers to explore artmaking using textiles. This project will start with a storytelling circle as the basis for developing the subject matter. The process involves creating an image and using applique, embroidery, and non-traditional techniques. The workshop consists of seven 90-minute art-making sessions, a group visit to the Frist Art Museum, and a culminating reception and celebration. Participants also receive a complimentary one-year membership to the Frist Art Museum. **All materials are provided, and there is no charge for the class. All skill levels are welcome. Space is limited to 15 people.**

**Ukulele Practice Tuesdays, 2:30 – 3:30p** Bring your ukulele and join us for a fun and relaxed

practice session at FiftyForward Martin Center! Whether you're a beginner or a seasoned player, this class is perfect for improving your skills, learning new songs, and enjoying music with friends. All skill levels are welcome, and you'll love the supportive, creative atmosphere.

### Community- Open to the Public

**Coffee and Conversation: Aging Matters with PBS: Grandparents Raising Grandchildren**

**Thursday, June 5, 10 – 11:30a** Did you know that in 2023, more than 2 million U.S. grandparents were responsible for their grandchildren. These circumstances are often born of tragedy, and research shows that children who cannot remain with their parents do best when placed in the care of a loving relative. Yet grandparents are frequently unprepared for the challenges ahead and need ongoing support. Join us for a short documentary followed by a discussion about Grandparents Raising Grandchildren, hosted by PBS. **Please register by visiting the membership portal or call the center.**

**Congressional Constituent Services Mobile Office Tuesday, June 3, 8:30 – 11:30a** The first Tuesday of each month the Congressional District TN 05 will have a caseworker at the Martin Center. This is your opportunity to meet with a case worker to ask questions or get help resolving a specific personal issue with a federal agency (IRS, VA, SSA, Medicare, Passports, etc.). **Open to the Public.**

**Empower and Thrive Wellness Panel 3<sup>rd</sup>**  
**Wednesday of the Month, June 18, 1:00 – 2:30p**  
**Please Register.** Housing profoundly impacts our health, independence, and well-being as we age. A thoughtfully designed or adapted home can help us thrive, while a poorly suited environment may pose safety risks and reduce our quality of life. Proactive planning—whether adding safety features, downsizing, or considering supportive housing



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options—ensures our homes remain safe, comfortable, and dignified spaces throughout life's stages.

Join us for **“Aging in Place: Planning for Home and Health,”** an educational seminar to help you make informed housing decisions. Featuring Beth Bedore, Senior Home Coach and Aging in Place Specialist, and Steve Weaver, Accessibility Specialist and owner of HomeBase Solutions, this event offers practical strategies and solutions for safe, sustainable living at home for years to come.

### **Franklin Light: Teen Topsy Turvy Musical**

**Performance Tuesday, June 17, 10a** Join us for a delightful morning of music and talent as a group of talented teen singers takes the stage at the Martin Center! These incredible young performers will showcase a variety of songs, spreading joy through their music. Bring your friends and enjoy this special performance that's sure to warm your heart. **All are welcome! Please Register.**

### **Make A Splash Carnival with Alzheimer's**

**Tennessee Thursday, June 12, 3:00 – 6:00p** Join us at Fifty Forward Martin Center on June 12 from 3-6 as we Make a Splash for Alzheimer's Tennessee. Representatives from local senior services agencies will be going in the dunking tank to raise money for Alzheimer's Tennessee. Take a chance to dunk one yourself! There will also be food, music, a cake walk, games and crafters.

All proceeds raised stay in the local community to serve families impacted by Alzheimer's Disease or a related dementia. Come kick off the summer with us and support a great cause.

**SHIP Medicare Support Sessions Tuesday, June 10, 10:00a – 2:00p, 2nd Tuesday of each month.** (State Health Insurance Assistance Program (SHIP) Representative: Nancy Parker. This is an unbiased and informed resource. Schedule an appointment or feel free to drop by & ask a

question! Do you have any questions or concerns about your Medicare? Or are you new to Medicare? Changing your plan? **Open to the Public. To register for appt please call 615-873-4379 or email [tnshipvol@comcast.net](mailto:tnshipvol@comcast.net). Please be sure to leave a message.**

### **Exercise**

#### **Active Strength with Ruth Anne Tuesdays and**

**Thursdays, 2:30 - 3:30p** Instructor: Ruth Anne Smith, Group Exercise Certified. Work on your full body strength using hand weights, bands, exercise balls and your own body weight. Chairs are used for support. Skill Level: Beginner, Intermediate

**Cost: \$5 per person if you do not have the insurance benefit.**

#### **Cardio Drumming with Ruth Anne Mondays,**

**12:30p** Join Ruth Ann, a certified Instructor of Group Exercise for a fun, high-energy fitness class that combines music and drumming to improve heart health, coordination, and more. This low-impact class is suitable for all fitness levels.

Supplies provided. Intensity: Beginner, Intermediate

**Cost: \$5 per person if you do not have the insurance benefit.**

**Exercise Machines Any day, 8:30a - 3:30p** Boost your workout with our elliptical and recumbent bike! Enjoy a full-body cardio session or a comfy, low-impact ride. Come try them out today!

#### **Full Body Strength with Melissa Wednesdays,**

**10:00 - 11:00a** Instructor: Melissa Clinton, certified instructor in SilverSneakers and holds a bachelor's degree in Exercise Science. Full Body Strength is similar to Pilates. There will be strength training with a focus on balance and stretching using small hand weights, resistance bands, and mini exercise balls to rebuild muscle as you age. Skill Level:

Beginner, Intermediate **\$5 per person or insurance benefit.**



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### **Mindful Movements with Ron Mondays, 1:30p**

Your instructor is Ron Lee, who holds certifications with Yoga Alliance, Mindfulness-Based Stress Reduction, and Meditation. This class integrates qigong, tai chi, yoga, and stretching. The exercises can be performed either seated in a chair or standing. The primary goals of the class are relaxation and improved flexibility through graceful movements, designed specifically for beginners to intermediate levels. This class incorporates some history and principles of the movements, enhancing the overall experience and providing deeper meaning. **Cost: FREE**

### **SAIL Fitness with Melissa Tuesdays and**

**Thursdays, 11:00a - 12:00p** Instructor: Melissa Clinton, certified in SilverSneakers, Yoga, and holds a bachelor's degree in Exercise Science. The SAIL (Stay Active and Independent for Life) class is a 12-week evidence-based strength, balance and fitness program for adults 65 and older. Skill Level: Beginner, Intermediate, Advanced. **Cost: FREE**

### **Walking—Early Bird Walking Club Thursdays,**

**7:00 - 8:00a** Join other early risers to get some steps in with friends while walking around the loop at Tower Park. Bring a Guest!

### **Walk Rain or Shine – Safe and Indoors! Monday –**

**Friday, 8:30a -3:30p** A walking map is available, and signs are posted to guide you along our indoor walking track. Along the way, you'll find exercise stations equipped with an exercise bike, an elliptical, and free weights and bands for those who want to add extra movement to their walk. Just eight laps around our beautiful center equal one mile! Drop by anytime—arrive early or stay after your regular program—to burn calories, boost your heart health, and enjoy the fun of walking!

### **Yoga with Melissa Tuesdays and Thursdays,**

**10:00 - 10:45a** Instructor: Melissa Clinton, certified in SilverSneakers, Yoga, and holds a bachelor's degree in Exercise Science. This class reduces stress levels and improves mobility. Skill Level: Beginner, Intermediate. **\$5 per person if you do not have insurance benefit.**

### **FiftyForward News**

#### **Advisory Council Meeting Monday, June 23,**

**11:15a - 12:15p** The advisory council is a volunteer group of ambassadors for programs, events and services offered by the Martin Center.

### **Games**

#### **Billiards Tuesdays and Thursdays, 10:00a -**

**12:00p (for any group play)** The pool tables are available all week for members to enjoy. You will find a blend of camaraderie and fun in our billiards group. All skill levels invited. Billiard Tables are available all week for individuals to play!

**Birthday Bingo Monday, June 2, 10:00a** Great prizes and Birthday Cake!

**Bingo- Monday, June 16, 10:00a** Great prizes and enjoyable snacks.

#### **Bridge- Morning Wednesdays, 9:00a - 12:00p**

Join your friends for a fun game or two in this experienced Bridge Group.

#### **Bridge- Afternoon Wednesdays, 12:30 - 3:30p**

Join your friends and learn how to play with the social Bridge Group.

#### **Canasta- Advanced- Hand & Foot Mondays,**

**12:00 - 3:00p** All levels of experience are welcome! If you are interested in learning, please register in advance to begin your learning experience.



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**Euchre Fridays, 10:00a** Beginners will be taught and those experienced can play right away. Euchre is a fun card game full of strategy and teamwork. With a distinctive deck and fast-paced play, it's all about winning tricks and outmaneuvering your opponents.

**Mah Jongg Tuesdays and Fridays, 12:00 - 2:30p**  
Played in the American Mah Jongg style those experienced in any Mah Jongg styles are welcome and can jump in and play and those learning can observe and learn step by step. Our experienced players will help you get a Mah Jongg card. FYI: A 2024 Card is recommended and can be purchased for \$14 or \$15 (through <https://www.nationalmahjonggleague.org/store>).

**Mexican Train Dominoes Wednesdays, 1:00p** All Aboard for Mexican Train Dominoes! Whether you are a seasoned player or new to the game, Mexican Train Dominoes offers endless excitement for everyone.

**Rummikub Thursdays, 9:30a** Looking for a fun way to spend your Thursday? Join our Rummikub group! Whether you're experienced or just learning, you'll enjoy this mix of strategy, luck, and friendly conversation. New players are always welcome!

**Scrabble Tuesdays, 9:30a - 12:00p** Attention wordsmiths and language enthusiasts! It's time to dust off your dictionaries and sharpen your wits as we dive into the timeless classic game of Scrabble.

**Trivia Monday, June 9 & 23, 2:00p** Do you enjoy putting your knowledge to the test and having fun with friends? Whether you are a Trivia Whiz or just want to sharpen your knowledge join this twice a month Trivia fun for laughter and meeting new friends!

### Social

**Book Group 3rd Tuesday of each month, June 17, 10:00 a** Do you love to read? Join Ann Kelly, Natalie Mertie, and other book lovers! This month's book selection is *Magnificent Lives of Marjorie Post* by Allison Pataki

**Book Group-Historical Books Last Wednesday of each Month, June 25, 2:00p** ATTENTION HISTORY LOVERS! Would you like to read and meet with other history lovers to discuss books? Come join! This month's selection is *Killing Crazy Horse* by Bill O'Reilly

**Cocktails and Conversation Tuesday, June 17, 5:00 - 7:00p** Please register by June 12. Join us from 5:00 - 7:00 p to meet new people and catch up with friends. Be sure to bring your favorite beverage and appetizer/dessert. **Cost: \$5**

**Line Dancing Thursdays, 1:00 - 2:15p** Instructor: **Helen Settles** Beginners, intermediate or line dancing pros Line Dancing Class. This class is a truly a fitness option to keep moving combining a blend of fun, fitness, and foot-stompin' beats.

**Mix and Mingle Wednesday, June 4, 4:00 - 5:15p** Please register. All members are invited to attend every month to have a time of friendship and fun. A great way for NEW Member to connect with other members. **Bring wine to drink and share** OR a non-wine beverage. Be sure to bring a shareable snack. RSVP using our membership portal or call 615-376-0102.

**Music Meetup Friday, June 27, 6:00 – 9:00p** Please register so a table can be saved for us all to sit together. **Open to Guests!** Elmer's Tunes will perform his piano bar magic at King's Bowl, 1910 Galleria Blvd., Franklin, TN. **Free Parking.** Cost: No Cover Charge. Enjoy meeting up at the Kings Bowl Whiskey Room just outside the Galleria Mall. This is a fun casual evening where you can order great food and drinks while enjoying songs that are our



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classic favorites with the Martin Center gang.

**Potluck Lunch- LŪ'AU Wednesday, June 11,**  
**12:00 Noon. Arrive 11:30 – 11:45a to bring your**  
**dish for the kitchen to organize and have**  
**conversation with others.** Registration is required. Your contribution of a dish (even if you need to buy it) makes for enough food for everyone. Let us know what dish you will bring. If bringing or buying a dish isn't an option, you can join the fun with a \$10 contribution.

**Sue's Sweet & Healthy Creations Friday, June 27, 11:00a – 12:00p** The Fourth Friday of each month. Join Sue King for a fun lesson in making delicious, nutritious treats. You'll discover easy recipes and tips for creating wholesome desserts and snacks everyone will love! **Please register by visiting the membership portal or call the center.**

### DAY TRIPS

#### **Registering and Payments for Trips:**

Payments and registrations are made via our new portal, which can be accessed online or at the kiosk located at the Center. Payments must be made at the time of registration to hold your spot for day trips and events that have a cost. The portal can be accessed at <https://fiftyforward.org/member/>

#### **International Food Tour: OSH Restaurant and Grill**

**Date: Thursday, June 12**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 13 members.**

**Members should arrive by 10a**

**Bus departs at 10:45 a & returns at approx 2 p**

Join us for a delightful journey to Osh Restaurant in Nashville, where the rich flavors of Uzbek cuisine await! Experience the unique tastes and cultural charm of this inviting eatery. Gather your friends and bring your appetite for an unforgettable dining experience.

#### **General Jackson**

**Date: Friday, June 13**

**Cost: \$75.00**

**Registration is required and space is limited to 12 members.**

**Members should arrive by 9:30a**

**Bus departs at 10 a & returns at approx 2:30p**

Experience the best of Tennessee aboard the world-famous General Jackson Showboat! Join us for a daytime cruise celebrating the iconic music of *Tennessee Legends*. From Dolly Parton's Smoky Mountain stories to Nashville's Grand Ole Opry classics and Elvis Presley's Memphis hits, enjoy a showcase of Tennessee's finest musicians and songs.

Savor a mouth-watering Southern meal, perfectly complementing the live performances and stunning views of the Cumberland River—all included in your ticket. Don't miss this unforgettable journey through Tennessee's legendary musical heritage!



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### Loveless Cafe

**Date: Monday, June 16**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 11 members.**

**Members should arrive by 10:15a**

**Bus departs at 10:45a & returns at approx 2:30p**

Join us for a delightful outing to the legendary Loveless Café, renowned for its famous biscuits, Southern charm, and rich history. Enjoy a delicious meal with friends and soak in the warm, welcoming atmosphere of this beloved Tennessee destination.

### Mystery Lunch

**Date: Friday, June 20**

**Cost: \$15.00 + Lunch**

**Registration is required and space is limited to 13 members.**

**Members should arrive by 10a**

**Bus departs at 10:30a & returns at approx. 2p**

Join us for a delectable day of intrigue as we whisk you away to a mystery dining destination! Here's are clues to tantalize your taste buds:

- **About the Chef:** After graduating from the Culinary Institute of America, she became the first woman in Tennessee to qualify as a certified executive chef, and has since won countless awards and accolades.
- A cozy corner perfect for savoring delicious bites and delightful conversations.

### String City: Nashville's Tradition of Music and Puppetry

**Date: Thursday, June 26**

**Cost: \$15.00**

**Registration is required and space is limited to 11 members.**

**Members should arrive by 8:45a**

**Bus departs at 9:15a & returns at approx 12p**

Marionettes, rod puppetry, animation, and an ever-changing set tell the story of country music as it relates to Nashville's transformation into Music City. Experience this exciting story through nearly one hundred puppets, ranging from the Staple Singers to Johnny Cash to Taylor Swift. String City: Nashville's Tradition of Music and Puppetry is a co-

production by the Nashville Public Library and the Country Music Hall of Fame and Museum.

### TRIP GUIDELINES

**Minimum number** — Trips not meeting the minimum number of 6 attendees (unless otherwise noted) will be cancelled at least 24 hours in advance.

**Staff Support** — Most of our trips will only have one staff member (the bus driver). **Members who need more support or guidance must have a friend or family member go with them on trips.** Most trips require a fair amount of walking. If you are unsure, please call **615-743-3487** for more information.

**Payment** — Trips must be paid for at the time of registration, in order to hold your seat. **Note:** **Non-members pay an additional \$5 per person.**

**Departure Time** — Trips will leave at the stated departure time, so it is best if you arrive at least 15 minutes prior to departure.

**Cancellations and No Shows** — A refund will be issued if a cancellation is given more than 24 hours prior to a trip's scheduled departure. For trips involving pre-ordered tickets or reservations, a refund will be given only if your seat can be filled.

**Attendance** — Cancelling or not showing up for two or more trips within a month will result in being placed on a waiting list the following month.

**Exceptions** — Exceptions June be considered by center staff in extreme situations.